

FREE!

# The Portland Resource

Fond du Lac County  
Aging and Disability  
Resource Center

Fall  
2014



Happy Fall! Here at the ADRC, we are excited about the second edition of our 2014 newsletter! This is a new way for us to deliver information about the services we offer and we hope you find the information helpful and enjoyable.

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov)
- Pick up copies at the Fond du Lac Senior Center, Ripon Senior Center, Senior Services (city/county building) or at the ADRC.

**Any feedback or questions, please contact Linda at (920) 929-3429.**

Check out the new Fond du Lac County Website & the ADRC page.

[www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc)

*Contact Us*



The Fond du Lac Aging  
and Disability  
Resource Center is  
located at

**50 N. Portland  
Street  
Fond du Lac, WI  
54935**

Office Hours:  
Monday-Friday  
8:00 am- 4:30 pm  
(920) 929-3466

[www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc)

**Walk-Ins  
Welcome!**

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

# A Word from the Disability Benefit Specialist

## By: Lynnette Benedict

### **Attention Medicare Beneficiaries.... Open Enrollment is almost here!**

The Annual Open Enrollment Period for Medicare Part D drug plans and Medicare Advantage plans is

**October 15, 2014 to December 7, 2014**

The following is a list of actions you can take during the Open Enrollment Period:

- Switch from a Medicare Part D plan to a different Medicare Part D plan
- Cancel your Medicare Part D plan
- Enroll in a Medicare Part D plan if you had not had a drug plan previously
- Switch from a Medicare Advantage plan to a different Medicare Advantage plan
- Enroll in a Medicare Advantage plan
- Dis-enroll from a Medicare Advantage plan and go back to original Medicare

Changes made during the Open Enrollment Period become effective 1/1/15.

Information on Medicare Advantage plans, also called Medicare Health Plans, are located in the back of your **2015 Medicare & You handbook, which are delivered to your home in October every year. Medicare Part D plans are also listed on the Medicare website [www.medicare.gov](http://www.medicare.gov).**

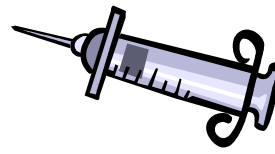
Assistance in choosing a Medicare Part D plan is available at:

**For person age 60 and older:** Medigap Part D Help and Prescription Drug Helpline at 1-855-677-2783.

**For persons under age 60:** Disability Drug Benefit Helpline at 1-800-926-4862.

**\*\*The Disability Benefit Specialist will be available for appointments to review Medicare Part D during open enrollment for those individuals ages 18-59.** To schedule an appointment, please contact (920) 929-3466, tty: use Relay, or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).

**\*\*Those individuals who are 60 +, contact the Elder Benefit Specialist, Julie Hilbert, Department of Senior Services, located in the City/County Building at (920) 929-3521 to schedule an appointment.**



## Falls is for Flu Shots

The Fond du Lac County Health Department will be offering influenza vaccine, both inactivated and flu-mist, for \$30.00 per dose. Check the website for dates and times of clinics scheduled throughout the city and county.

Medicare Part B, Medicare Advantage Plan and Medicaid will be accepted if an accurate number is provided. Receipts for cash will be issued upon request and may be submitted to other insurances for possible reimbursement. If you have any questions, or are interested in having an on-site influenza clinic, call the Health Department at (920) 929-3085.

If you are unable to attend any of the flu clinics, we also offer flu vaccination in the Health Department, 3<sup>rd</sup> Floor, 160 South Macy Street, Fond du Lac, from 8:30 am to 4:00 pm Monday thru Friday, until our supply of vaccine is exhausted.

Contact the Health Department at (920) 929-3085 with questions!

## The Look of Love



An elderly woman and her little grandson, whose face was sprinkled with bright freckles, spent the day at the zoo. Lots of children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws. "You've got so many freckles, there's no place to paint" a girl in the line said to the little fella.

Embarrassed, the boy dropped his head. His grandmother dropped down next to him, "I love your freckles. When I was a little girl, I always wanted to have freckles" she said while tracing her finger across the child's cheek. "Freckles are beautiful!"

The boy looked up, "Really?" "Of course" said the grandmother, "why, just name me one thing that is prettier than freckles". The little boy thought for a moment, peered intensely into his grandmother's face and softly whispered "wrinkles".

# Fall Harvest

K	X	H	B	T	C	R	C	G	L	R	T	F	J	S
U	O	C	G	S	E	V	A	E	L	U	P	T	N	Y
H	I	M	Y	Y	A	H	A	P	W	U	J	I	A	D
O	R	T	M	B	J	L	B	P	R	K	K	W	S	S
Q	C	R	V	U	V	P	C	Y	P	P	D	M	F	D
I	I	O	M	C	A	W	S	F	M	L	A	V	A	Q
Z	I	I	R	C	L	E	H	U	M	F	E	C	L	L
N	X	E	O	N	L	X	P	U	Y	D	D	S	L	S
H	V	R	T	P	R	E	C	W	Q	I	N	D	Q	J
D	N	X	A	T	V	K	C	U	X	C	N	U	E	T
S	B	M	T	N	B	A	I	J	Q	I	I	M	T	R
S	C	A	R	E	C	R	O	W	W	R	C	E	X	E
C	Z	F	Z	D	D	F	M	Z	R	K	F	W	N	E
R	I	T	T	J	H	Q	Y	E	K	R	U	T	S	S
E	A	K	E	X	K	K	L	M	T	A	X	Y	O	R

LEAVES  
FALL  
ACORNS  
WIND  
TREES  
APPLES  
PUMPKINS  
MAPLESYRUP  
SCARECROW  
CORN  
RAKE  
SQUIRREL  
HAY  
TURKEY

source: <http://www.coloringpict.com>

(c) WebSpinstress

# **Fond du Lac County Transportation Options**

## **Senior Services**



- Elderly: \$2.50 each way. Rides scheduled 2 weeks in advance and 60 years or older.
  - Fond du Lac 920-929-3936
  - Waupun 920-324-7930
- Escort: \$2.50 each way in Fond du Lac County, \$6.00 each way if outside the county. People with limited mobility and ADA certified by physician.
- Handi-Van: \$3.00 one-way. Assist people in wheelchairs or mobility challenged. 920-929-3110

**\*\*Note:** Drivers cannot assist in getting in and out of vehicle. Contact Senior Services for more information.\*

## **Public Transit (City Bus)**

Medicare care or proof of age allows 65+ or disabled to ride for \$.075.

Without Medicare Card: Adults (19-64) cost \$1.50 per token, \$13.00 for 10 or \$38 for a pass. 920-322-3650

## **St. Agnes Courtesy Van**

920-926-8959

## **Wisconsin Medicaid and BadgerCare Plus Non-Emergency Medical Transportation (NEMT)**

- 866-907-14930 (at least two business days in advance)
- Must have Medicaid or BadgerCare Plus
- Need to have ForwardHealth Card to schedule.
- Free and only available to those receiving eligible benefits.



Taxis are another option, if none of the above options will work for you.

**Contact the ADRC with any questions!**



## **Dementia-Caused Behavioral Challenges: Ideas to Try:**

- Pay attention to what the individual with dementia is saying—both verbally and through their body-language. Part of the cognitive loss suffered by people with dementia is that they often cannot interpret new information. One-step instructions, spoken in a slow and reassuring tone of voice can help prevent frustration for all concerned.
- The person with dementia often retains the ability to “pick up on” facial expressions and tone of voice, even though they may no longer be able to understand the words. They may sense that a caregiver is angry or frustrated, but don’t know why. Be aware of what your body language may be projecting.
- Distract and divert attention, try a new location or activity. Keep in mind that behavior problems result from the dementia. Don’t take the person’s actions personally.
- Try to hold to the same routine as much as possible and plan ahead for situations that could result in problem behaviors.
- Maintain a calm manner even when the individual becomes aggressive or agitated. This can defuse a tense situation and help reduce a person's fears.

## **Examples of Books Featuring Characters That Have A Disability**

~ *Life As We Know It: A Father, Family and an Exceptional Child*  
by M. Berube (Down’s syndrome)

~ *Don’t Worry, He Won’t Get Far on Foot* by John Callahan  
(Alcoholism, quadriplegic, abusive caregivers)

~ *The Butterfly’s Dance* by Christyna Hunter (fiction)  
(Physical disability and romantic relationships)

~ *Lucy’s Story: Autism and Other Adventures* by Lucy Blackman  
(Autobiography about growing up with autism)

*The Widow of Conrad County* by Rachel Lee (fiction)  
(Post-Traumatic Stress Disorder)

*Daredevil’s Run* by Kathleen Creighton (fiction)  
Central character loses the use of his legs yet competitively competes in rafting



# Alzheimer's Association 24/7 Hotline

**1-800-272-3900**

Appointments also available with Ginny on the  
1<sup>st</sup> Wednesday of the month at the ADRC.

Contact Ginny at (920) 838-1311

**\*Save the Date!\***



**Fond du Lac County**  
**Caregiver Conference**  
*A day of education and support for those who care.*  
*Family and professional caregivers invited.*

**Thursday, October 30, 2014**  
 Retlaw Plaza, 1 N. Main Street, Fond du Lac

**CONFERENCE TIMES**

8:30 a.m.	Registration and light breakfast
9 a.m.	Welcome
9:15 a.m.	Presentation
10:15 a.m.	Exhibitors
10:30 a.m.	Workshops
11:30 a.m.	Lunch included with registration
12:45 p.m.	Workshops
1:45 p.m.	Exhibitors
2 p.m.	Workshops
3:15 p.m.	Closing

**\$5 Family caregiver • \$15 Professional caregiver**  
 Registration deadline Friday, October 24 • Contact Ginny Nyhuis at (920) 838-1311 or e-mail [gnyhuis@alz.org](mailto:gnyhuis@alz.org) for details.

**BROUGHT TO YOU BY**  
 Alzheimer's Association • Dementia Care Network of Fond du Lac County

Registration forms will be available soon. For additional  
information contact Ginny Nyhuis at (920) 838-1311.

## **Only a few class spaces left –**

### **Last Stepping On Class for 2014**

**Tuesdays 9:00 am – 11:00 am**

**September 16 – October 28**

**Held at the ADRC of Fond du Lac County**

**Please call 920-929-3466 to register**

## **Get Fired Up for the Walk to End Alzheimer's®**

Saturday, October 4 at Moraine Park Technical College

Walk Co-Chairs Jan Padron and Adam White invite you to join forces against Alzheimer's disease by registering for the Walk to End Alzheimer's on October 4th at Moraine Park Technical College in Fond du Lac. Start a team today! Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 am, with on-site registration starting at 8:30am. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.



Everyone has a reason to End Alzheimer's. Together, we walk on behalf of our friends, our families, and our future. Though we all have our own motivation to step up to the start line, our eyes are set on the finish line – the end of Alzheimer's.

Start or join a team today at [www.alz.org/walk](http://www.alz.org/walk)





The Fond du Lac County Falls Prevention Coalition presents  
**Falls Prevention Awareness Day: Strong Today, Falls Free® Tomorrow**

September 23, 2014

Lighthouse Christian Church

401 S National Avenue, Fond du Lac

12:30 p.m. – 4:30 p.m.

**Schedule of Events**

12:30 p.m.	Registration and visit with vendors
1:00 p.m.	Bone Health Dr. Scott Suprenand, Wink Chiropractic
2:00 p.m.	Community Safety Todd Janquart, Assistant Chief, Fond du Lac Fire Department
3:00 p.m.	Medication Interactions Tiffany Potratz, Pharmacist, Walgreens Pharmacy
4:00 p.m.	Wrap up and door prizes

Area vendors will be onsite during the event to offer a variety of health screens and discuss how they can assist you with preventing falls.

TO REGISTER FOR THIS FREE EVENT, CALL THE FOND DU LAC COUNTY  
 AGING AND DISABILITY RESOURCE CENTER (920) 929-3466

**THANK  
 YOU TO  
 OUR  
 EVENT  
 SPONSOR**



**EVENT PRESENTED BY  
 Fond du Lac County Falls  
 Prevention Coalition**

In partnership with Above and Beyond Care Solutions,  
 All About Life Rehabilitation Center,  
 Fond du Lac County Aging and Disability Resource Center,  
 Lake View Place, Rehab Arisces and Wink Chiropractic

A common question received at the ADRC is what is the difference between someone who is incompetent and someone who is incapacitated? **Below you will find information from the Wisconsin Guardianship Support Center that will explain the differences per Wisconsin Statutes.** You can also check out their website for more information. <http://www.gwaar.org/>

## What Is Incompetency? What Is Incapacity?

### A. "Incompetency" (Section 54.10 of Wisconsin Statutes)

1. Determination by a judge or court commissioner in a **guardianship** proceeding that because of an impairment, the individual is:

- a) "Unable effectively to receive and evaluate information or to make or communicate decisions to such an extent that the individual is unable to meet the essential requirements for his or her physical health and safety," or
- b) "unable effectively to receive and evaluate information or to make or communicate decisions related to management of his or her property or financial affairs, to the extent that any of the following applies:

- 1) The individual has property that will be dissipated in whole or in part.
- 2) The individual is unable to provide for his or her support.
- 3) The individual is unable to prevent financial exploitation.

2. Must be based on medical and other expert opinions.

### B. "Incapacity"

1. Determination by two MDs or one MD and a licensed psychologist that an individual is "unable to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manage his or her health care decisions." Section 155.01 (8) of Wisconsin Statutes.

2. Used to "activate" a **Power of Attorney for Health Care**.

3. Note: Current POA-Fs take effect immediately, regardless of capacity, unless otherwise specified.

**QUESTIONS? Call the Wisconsin Guardianship Support Center at 1-855-409-9410 or email at [guardian@gwaar.org](mailto:guardian@gwaar.org).**

***Reproduction of this brochure is permitted and encouraged, so long as no modifications are made and credit to the Wisconsin Guardianship Support Center of the Greater Wisconsin Agency on Aging Resources, Inc., is retained.***

***This publication is provided for educational purposes only. The information contained herein is not intended, and should not be used, as legal advice. Application of the law depends upon individual facts and circumstances. In addition, statutes, regulations and case law are subject to change without notice. Consult a legal professional for assistance with individual legal issues.***

# Planned Independence- Own Your Future!

(The first in a series of 4 articles about aging- in- place)

By: Linda Berg

The meaning of “home” may be different for everyone. Your home may be a high-rise apartment, an old house, a brand-new house, a mobile home, a cabin in the woods. Your home may be the house one of your parents grew up in, or a new residence in a city you have just moved to. Your home can be the place you want to spend the rest of your life in, or it can be the place that you have to leave because the home can no longer accommodate your needs. Aging in place, that is, remaining in your home into deep maturity may “just happen” to some. For the rest of us, thorough planning is the key to living in our homes, safely and without being a burden to others.

Why plan for the way you will live after retirement? Getting older usually means physical changes to our bodies and capabilities. Aging often brings reduced hearing and/or vision, decreased mobility, increased risk of falls due to balance problems, more medications and their side effects. According to [www.aginginplace.com](http://www.aginginplace.com) “The goal of anyone wanting to age in place should be to maintain and/or improve their quality of life. In order to do that...a good plan that covers your home, finances, self-care and other items should be created as early as possible...the only problems that can be fixed while aging in place are the ones a person has planned for”. Planning for quality of life means that a plan has been made for how, when and by whom future needs will be met. It’s your future – plan to make it a good one.

(In the next issue of the Portland Resource – Home Modifications: Making the difference between remaining at home and institutional care).



50 North Portland Street  
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact 920-929-3429, TTY: Use Relay (711), or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).

**If you would like to request to be on the mailing list  
for our newsletter please call  
(920) 929-3466, TTY: Use Relay, or email  
[adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).**

**Please watch for our Winter Edition of  
The Portland Resource in  
December 2014!!**